

# THE CHALLENGE

## EXPLAINED FOR SGOs/TEACHERS



**THIS POKÉMON FUTSAL CHALLENGE HAS BEEN DEVELOPED WITH THE PURPOSE OF MAXIMISING THE SCHOOL GAMES VALUES AND IDENTIFYING INDIVIDUAL AND TEAM PROGRESS AS SUCCESS.**

The challenge is for anyone regardless of ability, disability, impairment or health condition and can also be used as a virtual warm up ahead of the summer School Games futsal competition.

### TIPS

- You can use this as an individual team challenge, progress it to an intra competition within school or even extend the challenge to inter between schools – the choice is yours!
- On the resource cards you can access a video of each skill.
- There is an inter school progress card available should you wish to extend the challenge.
- We recommend you spread the challenge over a number of weeks to encourage development, why not try all 6 skills one week then attempt them again the following week, practicing in between.
- We have included a few suggestions of how the games can be adapted but please use your own creativity to suit the players' needs – consider STEP.
- Encourage young leaders to lead this challenge.
- Certificates will be available to download or SGOs can request a delivery of official certificates to distribute to their schools via this form [Here](#).
- Once you have completed the challenge you could try it again, or progress it should you wish. Visit the Schools Hub on the Master the Ball site where you will find the advanced videos <https://www.mastertheball.com/schools-hub/>.

### DON'T MISS YOUR CHANCE TO WIN A POKÉMON KIT BAG

- The first 100 SGOs to log challenge on School Games competition calendar
- The first 100 SGOs to promote challenge to teachers via social media using **#POKEMONFUTSALCHALLENGE** – once you have posted complete this [Kit Bag Claim Form](#) to let us know and we will send one out to the first 100 SGOs.
- The first 100 SCHOOLS to post about their event on social media using **#POKEMONFUTSALCHALLENGE** – once you have posted complete this [Kit Bag Claim Form](#) to let us know and we will send one out to the first 100 schools.
- All SGOs that have reported school and participant data on the School Games competition calendar following the challenge will be put in to a draw to win a kit bag (100 available).

\*In order to qualify for the Pokémon kit bags you must have submitted your participant data in the competition calendar





# VALUES

**SPIRIT OF THE GAMES,  
INSPIRATION THROUGH SPORT**

## DETERMINATION

### DETERMINATION

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

## HONESTY

### HONESTY

Be honest with others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

## PASSION

### PASSION

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

## RESPECT

### RESPECT

Treat others politely, and with understanding. Accept life's 'ups and downs' with grace. Show respect every day, in everything you do and do for everyone around you.

## SELF-BELIEF

### SELF-BELIEF

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

## TEAMWORK

### TEAMWORK

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each others' success. Be a good friend and a positive team player in school, sport and life.



# POKÉMON FUTSAL CHALLENGE



## HOW TO PLAY

### GET INTO TEAMS

Each team needs a minimum of four players.

### HOW TO PLAY

This section will help you understand how to complete the skill.

### ADAPT IT

Each player will have three attempts to complete the games. If players choose to adapt it, all three attempts must be completed with the same adaptations.

### SET UP

This section provides a picture of how the game needs to be set up, including the distances.

### TOP TIPS

Ideas to help you improve and get better.

### WATCH THE VIDEO

This link will show you a video of the skill in action.

#### SHOOTING:

## SCORBUNNY'S SHOOTING CHALLENGE

THIS GAME HELPS TO IMPROVE YOUR ABILITY TO SCORE GOALS

### HOW TO PLAY:

- Start the timer when the player moves from the starting spot
- All 4 shots must go in the goal to count
- If one or more shots is missed add a total of 10 seconds to your time (NOT 10 seconds for each missed shot)
- See how long it takes to score all four goals
- Stop the timer when the last ball leaves the pitch or enters the goal

### ADAPT IT

- Use your hands to travel and score rather than your feet
- Reduce number of shots
- Use your own creativity

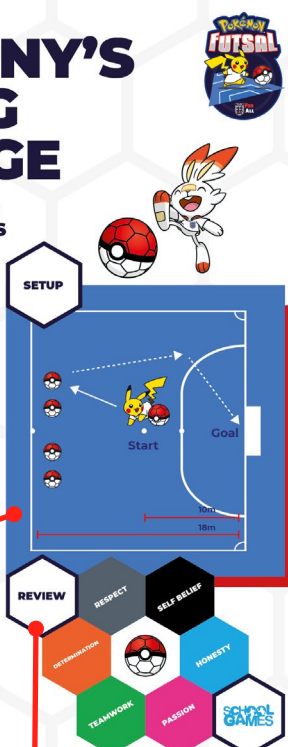
### TOP TIPS

- The closer you are to the goal the easier it is to score
- Experiment with different parts of your feet to move the ball towards the goal

### WATCH THE VIDEO HERE:

<https://www.mastertheball.com/schools-hub/>

**NOW IT'S YOUR TURN  
YOU HAVE 3 ATTEMPTS**



Which School Games values did you use?  
Discuss with your team mates



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### REVIEW

After each game use the review tool. Decide which School Games Values you experienced. Discuss your choices with your team mates. What are the similarities and differences?

The logo for the Pokémon Futsal tournament. It features the words "Pokémon" in its signature font above the word "FUTSAL" in large, bold, red letters with a blue outline. Below the text, Pikachu is shown in a dynamic pose, kicking a Poké Ball. The entire logo is set against a dark blue circular background.

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In these three skills you are trying to increase your score.

Scored Team Total			
Passing Team Total	Defence Team Total	Control Team Total	Total Team Improvement

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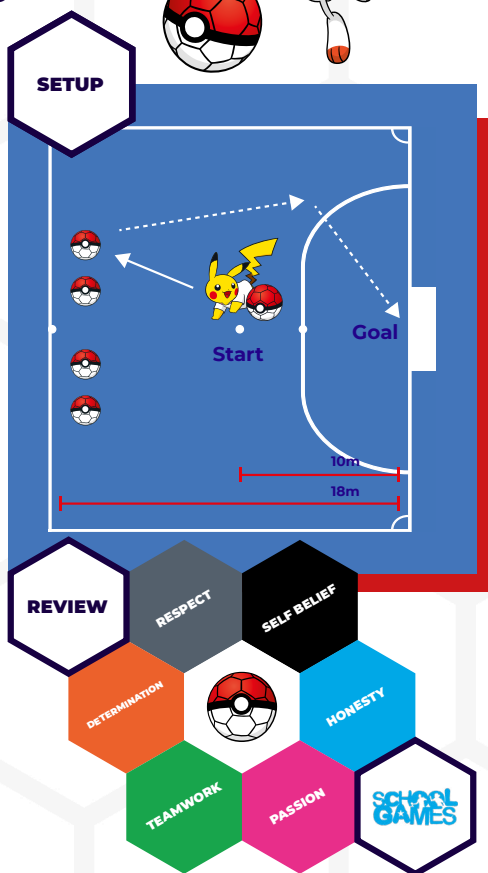
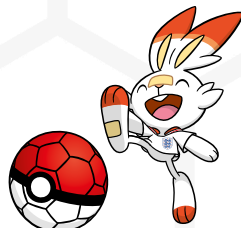
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Which School Games value/s did you use?  
Discuss with your team mates



FITNESS:

# SCORBUNNY'S FITNESS TEST

THIS GAME WILL HELP TO IMPROVE YOUR FITNESS



## HOW TO PLAY:

- Start the timer on go!
- Starting behind the line, run to the first marker and return, repeat the runs and return to the second and third marker
- Complete the round in as fast a time as possible
- Stop the timer when the player crosses the finish line

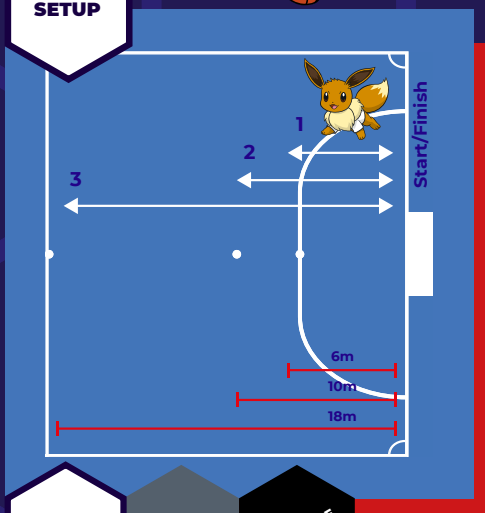
## ADAPT IT

- Reduce the distances between each run
- Choose to walk instead of running
- Use your own creativity

## TOP TIPS

- Focus on controlling your turns
- Accelerate running as fast as you can to the next point

SETUP



REVIEW

RESPECT

SELF BELIEF

DETERMINATION



HONESTY

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PASSION

SCHOOL GAMES

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YOU HAVE 3 ATTEMPTS

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AGILITY:

# PIKACHU'S AGILITY CHALLENGE

THIS GAME WILL IMPROVE YOUR AGILITY WITH THE BALL

## HOW TO PLAY:

- Start the timer on go!
- With a ball at your feet run to marker 1 and turn left
- Run around marker 2 and make your way to marker 3
- Run around marker 3 and back to marker 1
- Run from marker 1 back to the start, and stop the time when the player gets there

## ADAPT IT

- Reduce the distance between the marker points
- Choose to walk instead of run
- Use your own creativity

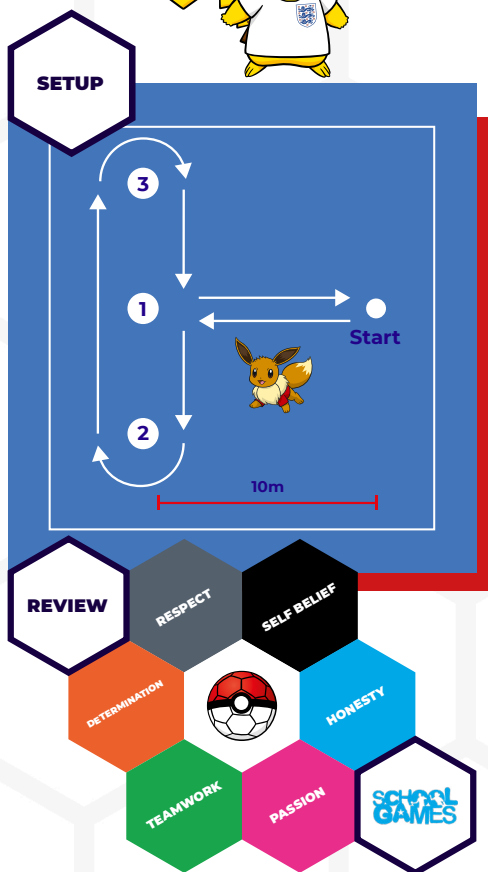
## TOP TIPS

- Adopt a lower body position as you approach the turn
- Look to accelerate away

**WATCH THE VIDEO HERE:**

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**NOW IT'S YOUR TURN  
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Which School Games value/s did you use?  
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CONTROL:

# PIKACHU'S CONTROL DRILL

**THIS GAME IMPROVES YOUR  
ABILITY TO MOVE QUICKLY  
WHILST MAINTAINING  
BALL CONTROL**

## HOW TO PLAY:

- Start the timer!
- Travel from the start to marker 1 and return to the start line, this counts as 1 complete lap
- Ensure the ball goes over the goal line each time
- How many laps can you complete in 30 seconds?

## ADAPT IT

- Reduce the distance between the start line and marker 1
- Hold or bounce the ball instead of dribbling
- Use your own creativity

## TOP TIPS

- Use the sole of your foot to pull the ball around the front of your body into your forward path where you can try to run with the ball towards the next marker.

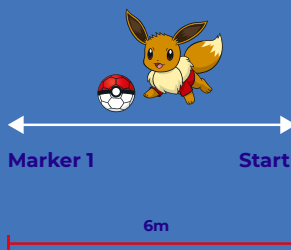
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PASSING:

# EEVEE'S PASSING DRILL

**THIS GAME IMPROVES YOUR CONTROL ON THE BALL WHEN PASSING AT CLOSE RANGE**

## HOW TO PLAY:

- Working in a group of 3, one person starts the timer!
- The two remaining players face each other and pass a ball back and forth
- How many passes can be made in 30 seconds?

## ADAPT IT

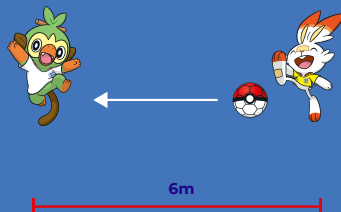
- Reduce the distance between the marker points
- Roll the ball rather than kicking
- Use your own creativity

## TOP TIPS

- Control the ball with the sole of your foot so it can be instantly returned with the second touch



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CONTROL:

# GROOKEY'S DEFENDING DRILL

**THIS GAME IMPROVES YOUR DEFENDING TACTICS**

## HOW TO PLAY:

- Working in a group of 4, one person start the timer!
- Two of the remaining players face each other, with one defender in the middle
- The pairs pass the ball back and forth
- How many intercepts can the defender complete in 30 seconds?

## ADAPT IT

- Reduce the space between the two passers
- Change the pass to a roll
- Use your own creativity

## TOP TIPS

- Adopt a half turn position whilst defending to allow you to see where the ball is coming from and going to

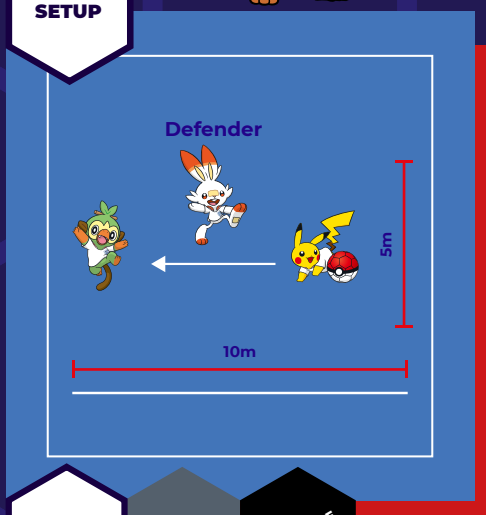
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### SETUP



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